

**Child and Adult Care Food Program (CACFP) • Adult Centers Menu Form 2 — AM Snack, Lunch and PM Snack**

Site: \_\_\_\_\_ Week of: \_\_\_\_\_

 This form expires on September 30, 2017. The new CACFP meal patterns required by the USDA *final rule* take effect on October 1, 2017.

AM Snack * <i>Select 2 of 4</i>	Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>Milk</b> (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
2. <b>Meat/Meat Alternates</b> Meat, poultry or fish (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or peanut butter (2 tablespoons) or nuts/seeds (1 ounce) or cooked dry beans and peas (¼ cup) or yogurt (½ cup)					
3. <b>Vegetables/Fruits</b> (½ cup)					
4. <b>Grains/Breads</b> ( <i>whole grain or enriched</i> ) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Other foods ( <i>Do not credit</i> ) ***					
Lunch * <i>Select 2 of 4</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
<b>Meat/Meat Alternates</b> Meat, poultry or fish (2 ounces) or cheese (2 ounces) or cottage cheese (½ cup) or egg (1 large) or peanut butter (4 tablespoons) or cooked dry beans and peas (½ cup) or yogurt (1 cup)					
<b>Grains/Breads</b> ( <i>whole grain or enriched</i> ) ** Bread (2 slices) or cold cereal (1 ½ cups) or cooked cereal (1 cup) or cooked pasta and grains (1 cup)					
<b>Vegetables/Fruits</b> <i>Two or more different servings for 1 cup total (Full-strength juice cannot meet more than half)</i>	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods ( <i>Do not credit</i> ) ***					
PM Snack * <i>Select 2 of 4</i>	Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>Milk</b> (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
2. <b>Meat/Meat Alternates</b> Meat, poultry or fish (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or peanut butter (2 tablespoons) or nuts/seeds (1 ounce) or cooked dry beans and peas (¼ cup) or yogurt (½ cup)					
3. <b>Vegetables/Fruits</b> (½ cup)					
4. <b>Grains/Breads</b> ( <i>whole grain or enriched</i> ) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Other foods ( <i>Do not credit</i> ) ***					

◀ See page 2 for important menu planning notes ▶

## MENU PLANNING NOTES

- \* The quantities of food specified are the minimum serving sizes for adult participants. For information on the CACFP adult meal pattern requirements, see the [CACFP Meal Pattern for Adults](#) and [Meal Pattern Requirements for CACFP Adult Centers](#).
- \*\* All grains/breads must meet the minimum required serving sizes in [Serving Sizes for Grains/Breads in the CACFP](#).
- \*\*\* “Other” foods do not credit toward the CACFP meal pattern requirements. Examples of other foods include condiments (e.g., ketchup, margarine, syrup, jam), pudding, ice cream and gelatin. For more information, see [Noncreditable Foods in CACFP Adult Day Care Centers](#).



For information on the CACFP, visit the Connecticut State Department of Education's (CSDE) [CACFP](#) Web site or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This form is available in PDF at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/adults/adultmf212s.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/adults/adultmf212s.pdf) and in Word at [www.sde.ct.gov/sde/lib/sde/word\\_docs/deps/nutrition/cacfp/adults/adultmf212s.doc](http://www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/adults/adultmf212s.doc).

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1400 Independence Avenue, SW  
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- (2) *fax:* (202) 690-7442; or
- (3) *email:* [program.intake@usda.gov](mailto:program.intake@usda.gov).

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